Ninety-Day Yellow Ribbon Program

General Eligibility

- Active duty, National Guard and Reserve Component service members
- Immediate family members
- Coast Guard when activated with the Navy
- Civilian Expeditionary Workforce

Private and Confidential

Privacy is protected

- Your personal information will not be
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Privacy Exceptions

- Duty to warn
- Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
- Harm to self or others
- Illegal activity

Range of Support

Military OneSource: Something for Everyone

- Did you know Military OneSource has…
  - Smart shopping tips (audio clips)
  - Planning for your golden years (video)
  - Connecting with your child (booklet)
  - Dealing with your stress (downloadable)
  - Disaster preparation (webinar)

Military OneSource

Our Websites

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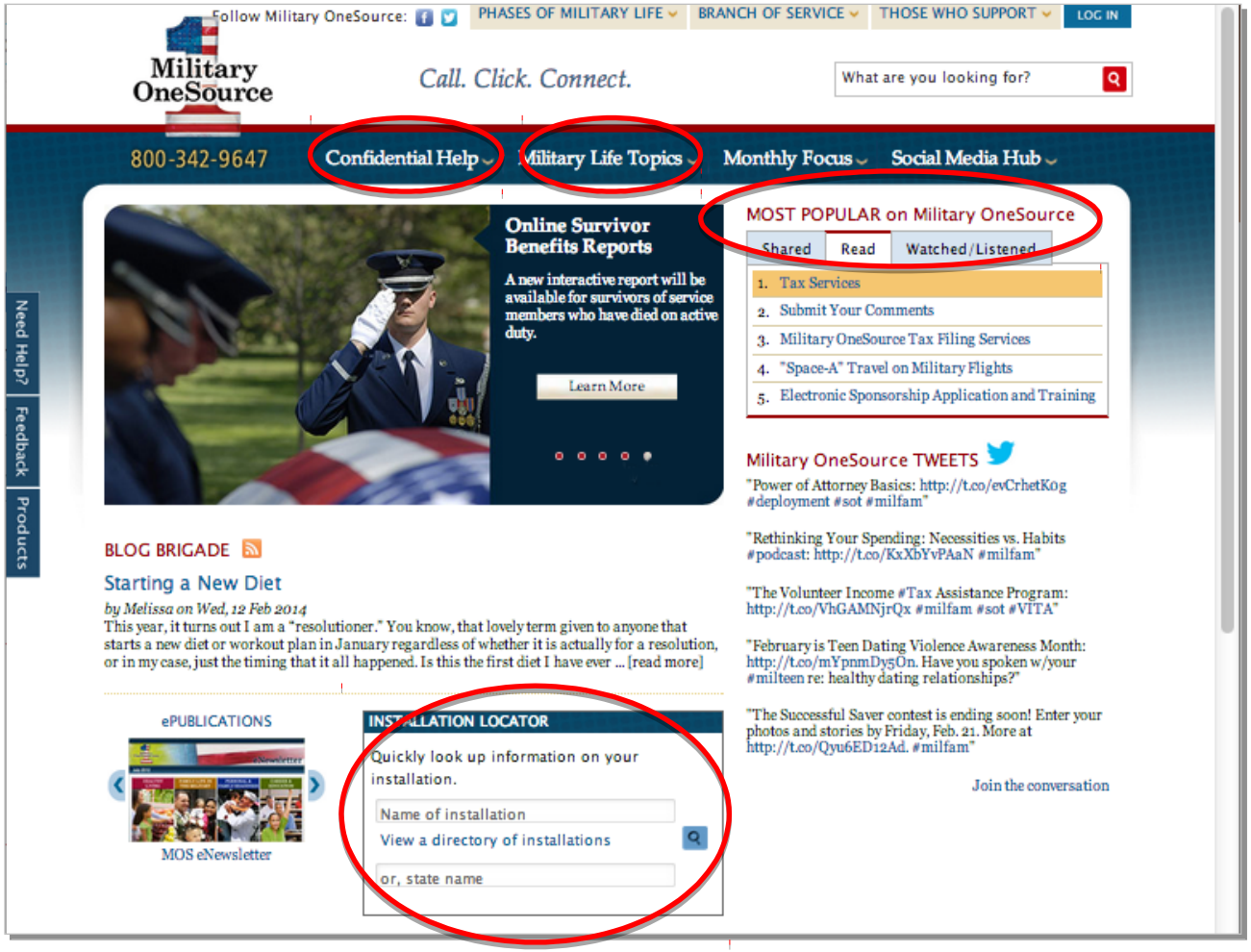
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"The Volunteer Income #Tax Assistance Program: http://t.co/VhGAMNjrQx #milfam #sot #VITA"
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Starting a New Diet
by Melissa on Wed, 12 Feb 2014
This year, it turns out I am a "resolutioner." You know, that lovely term given to anyone that starts a new diet or workout plan in January regardless of whether it is actually for a resolution, or in my case, just the timing that it all happened. Is this the first diet I have ever ... [read more]
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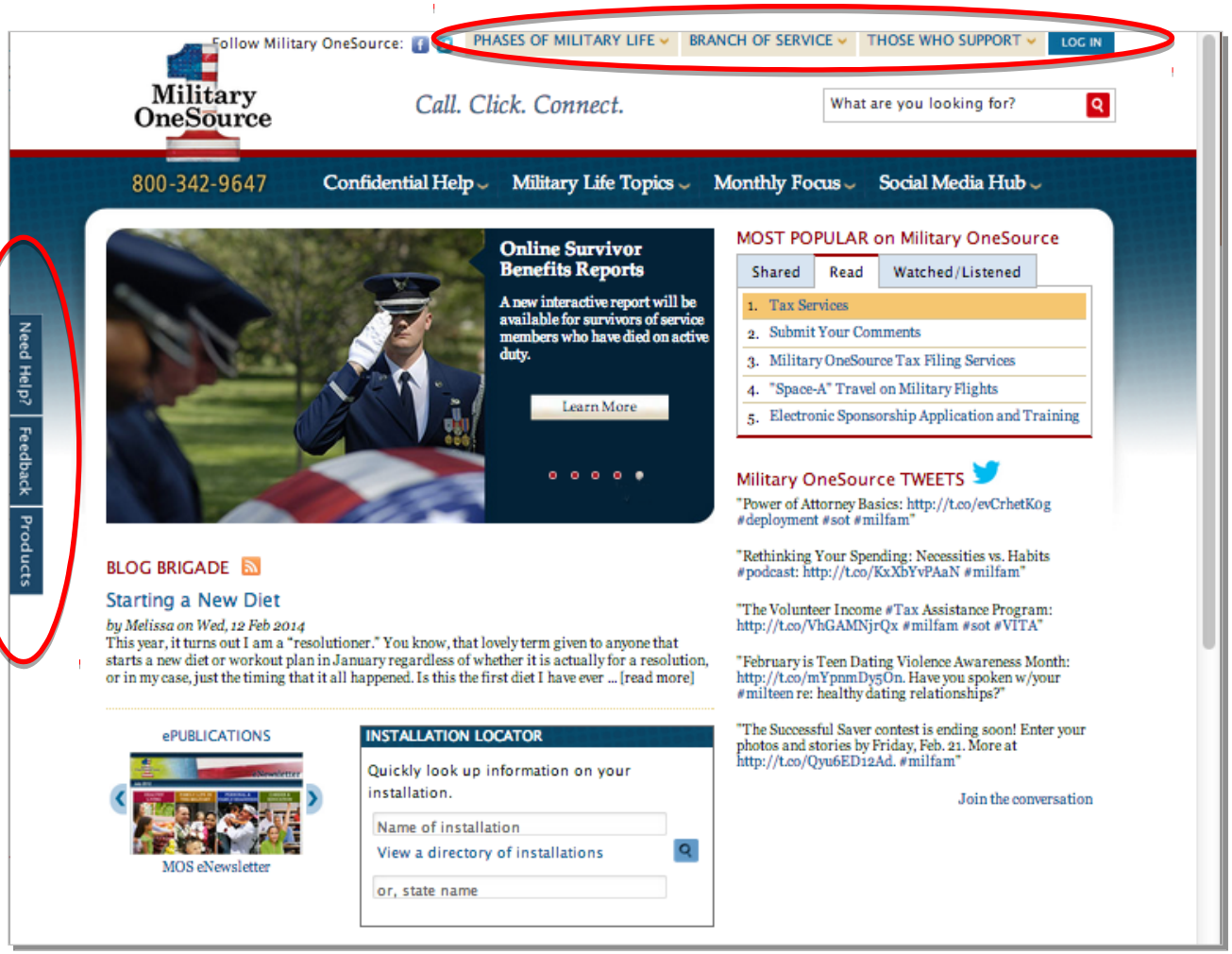
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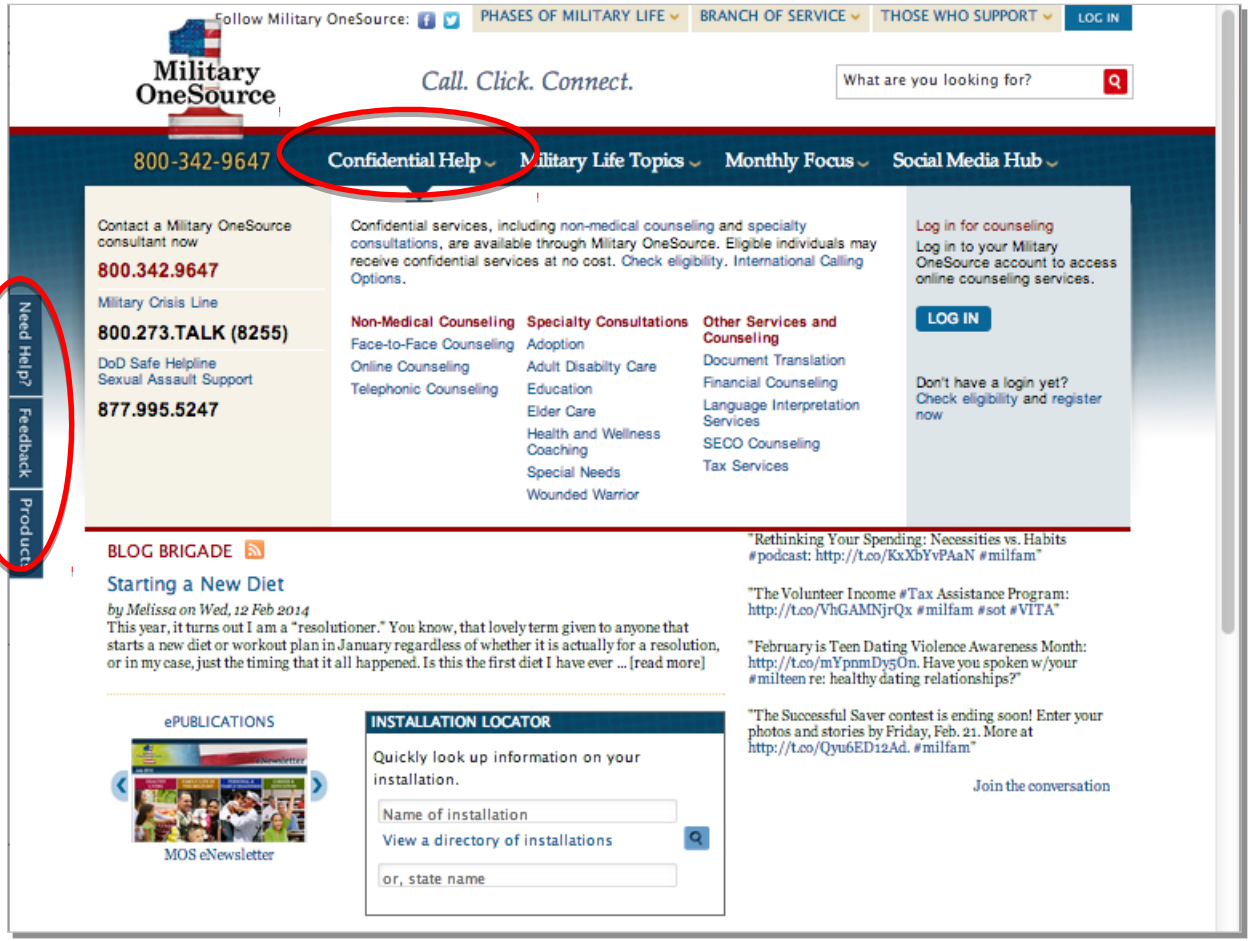
Confidential Help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Confidential services, including non-medical counseling and specialty consultations, are available through Military OneSource. Eligible individuals may receive confidential services at no cost. Check eligibility. International Calling Options.
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Relationships

Topics

- Reconnecting with friends and family
- Becoming a couple again
- Communicating with children
- Dealing with conflict

Resources

- Returning from deployment

Health and Wellness Coaching

- Individual coaching sessions
  - Telephone-based
  - Online
- Health and wellness issues
  - Weight loss
  - Fitness and exercise
  - Nutrition
  - General health (stress management, resiliency, etc.)
- Health risk assessments
  - Individualized plans
  - Goal setting
  - Outreach and engagement
- Self-directed coaching
  - LivingEasy ™
  - LivingLean ™
  - LivingFit ™
  - LivingFree ™

Financial

Topics

- Establishing or updating a budget
- Considering large purchases

Resources

- Financial counseling
  - Telephonic or face-to-face available in some states
- Financial calculators
  - Should I consolidate my loans?
  - What will my investment be worth in the future?
- Consumer reports
- Podcasts
- Materials

Career

Topics

- Choosing a career
- Finding a job
- Effectiveness at work
- Management skills

Resources

- Spouse Education & Career Opportunities Center
  - Career assessments
  - Employment readiness
    - Web links
    - Newsletters
- Military Spouse Employment Partnership

Education

Topics

- K-12 education
- Adjusting to college
- Financial aid and scholarships
- Alternatives to college
- Continuing education

Resources

- School locators
- DoD Morale, Welfare and Recreation Libraries Education Resource Center
- College Navigator
- Military Spouse Education Resource Guide
- Military Spouse Employment Partnership
- Spouse Education & Career Opportunities Center

Spouse Education and Career Opportunities Program

Military Spouse Career Center at Military OneSource

- **Spouse Education and Career Opportunities comprehensive counseling service available to ALL military spouses.**
- **Career exploration and discovery**
- **Education, training and state licensing/credentialing requirements**
- **Employment readiness**
- **Career connections**
- https://www.militaryonesource.mil/ **and** https://myseco.militaryonesource.mil

My Career Advancement Accounts Scholarship Program

- **Financial assistance for spouses of Service members in pay-grades of E1-E5, O1-O2 and W1-W2**
- **Up to $4,000 for education/training and license/credential in a portable career**
- **Financial assistance provided to more than 43,000 spouses in fiscal year 2012**
- **https://aiportal.acc.af.mil/mycaa/**

Military Spouse Employment Partnership

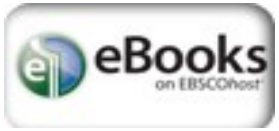
- **Web-enabled employment and career partnership connect military spouses with vetted Fortune 500 PLUS employers – 231 corporate partners**
- **Partners' Statements of Support to increase employment, provide career promotion opportunities and ensure pay equity for military spouses**
- **Spouse Ambassador Network**
- **https://msepjobs.militaryonesource.mil/**

Educational Materials

- Available at no cost to eligible users
- Varied topics
- Several formats
  - Articles, booklets, CDs, audio tips, web links
- Multiple ways to access materials
  - Download
  - Print online
  - Order online for home delivery

Online Library Resources

Audio books, e-books, research, tutoring, exam prep, résumé builder and more!



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Use It Up, Wear It Out, Make It Do or Do Without!
by Kelli on Thu, 21 Feb 2013
During the Great Depression, just prior to the U.S. involvement in World War II, the phrase "Use it up, wear it out, make it do or do without" was more than a family adage; it was a national truism. Today's national truism is "Get it now, get it fast and if it breaks, get a ... [read more]
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May 10, 2012 | 495 Views
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Upcoming WEBINARS
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Mar. 12 Moving with an IEP - 10:00 a.m. EST
Mar. 14 Moving with an IEP - 6:00 p.m. EST
View all webinars
Looking for past webinars? View the archives.
DISCUSSION BOARDS
An online platform where participants can discuss topics related to military life that are important to service members and their families.
MODERATED CHATS
Live, interactive online events where you can share your ideas, opinions, and experiences on a variety of topics.
WIDGETS
Widgets are online applications that display featured information on your web page, blog, social networking site, or other sites.
SOCIAL MEDIA GUIDE (PDF)
Guidelines structured to provide open, interactive social media channels where all users can engage and connect.

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